

# Join The **Stop Food Waste**

## Challenge



### Whats It All About

We all waste food. It can't be helped – plans change, we prepare too much, leftovers go off in the fridge, we forget about the stuff in the bottom of the freezer, etc. Stop Food Waste are challenging Irish householders to set themselves a target to reduce their food waste by at least 1/4. The challenge involves 4 meetings and will cover the following:

- **Awareness** of what is being wasted
- The importance of proper **planning** of meals and using your shopping list
- How **smart shopping** can ensure that you don't waste your hard earned money on food that you don't really need
- **Storing** food properly to make the most of what you have bought
- New ways of **serving and reusing** the food that you have in your home
- Finally, how to deal with the unavoidable food waste we do generate and the many methods of home **composting**

**When:** Thursday 8th June  
Thursday 15th June  
Thursday 22nd June  
Thursday 29th June

**Time:** **Between** 7.30–9pm each week

**Venue:** Willow Room, St Brigid's Parish Centre (behind the church), Cabinteely

**Reserve Your Place by Contacting:** Catherine via e-mail [catherine.allen33@gmail.com](mailto:catherine.allen33@gmail.com)

**Organised by:** Dún Laoghaire Rathdown County Council in partnership with Cabinteely Tidy Towns

